



An Informative Three Day Seminar:

MIOSHA General Industry 10-Hour + (Fundamentals of Safety and Health)

1 Who Should Attend . . .

This seminar is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and workers' compensation costs.
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work.
- ▶ Business owners who want to learn about compliance with Michigan Occupational Safety and Health Administration (MIOSHA).

2 MIOSHA Training Institute

MIOSHA Consultation Education and Training (CET) Division and Macomb Community College (MCC) have developed the MIOSHA Training Institute (MTI) through a formal alliance. The MIOSHA Training Institute introduced a new certification program, effective October 1, 2007. This course is an MTI Level 1 course. The certification program offers participants an opportunity to be recognized for their educational efforts and increased technical expertise. Courses will be offered throughout the state in sponsorship with other M-TECSM facilities, community colleges, and safety and health organizations. To learn more about the certification program, log-on to the CET Division website at www.michigan.gov/mti.

3 What You'll Learn . . .

Many employers are faced with the need to appoint an employee to oversee their program who may not be fully prepared for the challenge. This course offers the basics of creating a safety and health management system as well as providing an introduction to the MIOSHA Act and standards. Topics include inspections and citations, elements of a comprehensive safety and health system, recordkeeping, accident investigations, written programs, introduction to industrial hygiene, respiratory protection, hearing conservation, bloodborne infectious disease (BID), eye wash requirements, hazard recognition, machine guarding, and ergonomics. Students will receive a MIOSHA GI 10 Hour + card upon successful completion of the class.

Required Class for
General Industry
Level One
MTI Certification

Agenda

*We offer a flexible
program agenda
to emphasize the
safety and health
topics you
want most.*

- | | |
|---|---|
| ▶ Accident Investigation | ▶ Respiratory Protection |
| ▶ Act 154 Inspections & Citations | ▶ Hearing Conservation |
| ▶ CET Services | ▶ Introduction to Industrial Hygiene |
| ▶ Elements of a Safety & Health Management System | ▶ First Aid, Eye Wash, and Bloodborne Infectious Diseases |
| ▶ Ergonomics | ▶ Machine Guarding |
| ▶ Hazard Recognition and Self Inspection | ▶ Recordkeeping |
| | ▶ Required Written Programs |

All meetings are accessible and barrier free. Please contact the cosponsor or CET Division, at least two weeks in advance, to request necessary accommodations.

Facilitator

Cindy L. Zastrow was appointed to the MIOSHA Consultation Education and Training Division in 2004 as an Industrial Hygienist, bringing with her over 11 years of experience in safety, health, and emergency services. Based near Saginaw, Cindy provides industrial hygiene services for the northern part of Michigan as well as the Upper Peninsula.

Cindy has her B.S. and B.F.A. degrees from Central Michigan University, and her M.S. degree in Forensic Toxicology from the University of Florida. She is also a certified Firefighter I and II, licensed EMT, HAZMAT Technician, NFPA Fire Inspector I, CPR/First Aid/AED Instructor, and Medicolegal Death Investigator. Cindy is a member of the Federal DMORT-WMD team, as well as serving on the Richland Twp. Fire Department.

Presenters: Cindy Zastrow, Industrial Hygienist, and
Doug Kimmel, Occupational Safety Consultant; MIOSHA, CET Division



Cindy Zastrow
Industrial Hygienist,
MIOSHA, CET Division

Program Details

DATE: March 17, 18, and 19, 2009

TIME: Check-in - 8:00 a.m.
Program - 8:30 a.m. to 4:00 p.m.

LOCATION: Kirtland Community College
M-TEC Building
60 Livingston Blvd.
Gaylord, Michigan 49735

DEADLINE: Register by March 10, 2008
Please register early!

COST: \$210 per person.
Includes lunch and course materials.

CONTACT: Valerie and/or Marilyn at 989.705.3601
or email mtec@kirtland.edu

Certification/Maintenance Points Available

COSPONSOR: M-TECSM at Kirtland-Gaylord

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

How to Register

MIOSHA General Industry 10 + (Fundamentals of Safety and Health)

Complete information at right
to register by . . .

► **Phone:** 989.705.3601

► **Fax:** 989.705.3602

► **Email:** mtec@kirtland.edu

► **Mail:** M-TEC at Kirtland-Gaylord
60 Livingston Blvd.
Gaylord, Michigan 49735
Attn: Valerie and/or Marilyn

Please enclose check or money order
made payable to MTEC.

Name: _____

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Birthdate: _____ (Needed for Registration)

Number Attending: _____ @ \$210 each = \$ _____

Discover ☐ MC ☐ Visa ☐ #: _____

Print Credit Card Holder's Name: _____

Signature: _____ Exp. Date: _____

The meeting site and parking is accessible. Individuals attending the meeting are requested to refrain from using heavily scented personal care products, in order to enhance accessibility for everyone. People with disabilities requiring additional services (such as materials in alternative format) in order to participate in the meeting should call 517.322.1809. The Department of Energy, Labor and Economic Growth is an equal opportunity employer/program.